

# HotTubLiving.com

## HYDROTHERAPY: THE ULTIMATE STRESS RELIEVER

With today's kinetic multitasking lifestyle, it's no wonder a recent study by the National Women's Health Resource Center found that nine out of 10 adults have experienced serious stress, with four out of the 10 suffering adverse health affects as a direct result. Relief could be as close as the backyard. Great for lounging with family and friends, hot tubs also offer warm-water therapy that provides proven physical and mental benefits.

"Warm-water therapy actually dates back to ancient times, making it one of the oldest and safest methods for treating many common problems, whether they are mental or physical," says Larry Giles, chairman of the Washington, D.C.-based Hot Tub Council (HTC), part of the Association of Pool & Spa Professionals (APSP) representing the swimming pool, spa, hot tub and recreational water industry. "A hot tub can definitely enhance a healthy, happy lifestyle," Giles adds.

### **Mental Benefits of Owning a Hot Tub**

A hot tub can transform a backyard into a private oasis where users can take a breather from the commotion of daily life.

- **Reduce stress and relax:** Health professionals cite that immersing in warm water raises body temperatures, causing blood vessels to dilate which then improves circulation. This process is called vasodilation, and it creates the perfect environment for relaxation.
- **Sleep well:** The National Sleep Foundation notes that soaking in warm water before bedtime allows sleep to come quicker due to a rise in body temperature. Many experts, including Daniel Buysse, M.D., of the University of Pittsburgh School of Healthy Sleeping Medicine, note that lack of sleep can directly trace its roots back to pain and anxiety.

### **Physical Benefits of Owning a Hot Tub**

Hot tubs provide users with a pleasant and relaxing way to relieve the aches and pains of physical activity.

- **Gain relief for arthritis, aches and stiffness:** Warm, pulsating water increases the blood supply to aching joints, thus reducing inflammation from the area and relieving pain. The warm water also relaxes muscles and allows for greater flexibility.

- Breathe and think easier: Steam rising off hot water can help open up nasal and bronchial passages to aid in maintaining upper respiratory health. Many people find that soaking in a hot tub relieves headache pain, especially pain from tension headaches.

### **Rehabilitation & Therapy Benefits**

Many professional sports organizations, trainers and therapists recommend warm-water therapy to help patients resume their daily activities faster.

- Improve cardio health: A recent study at the Mayo Clinic found that soaking in hot water gives many of the health benefits of exercise with less strain on the heart. It increases the heart rate while it lowers blood pressure, rather than raising it as other forms of exercise do.
- Relieve back and knee pain: According to the Mayo Clinic, four out of five Americans suffer from chronic back pain. The U.S. National Institutes of Health cite many studies that show that warm-water therapy alleviates lower back pain and knee ailments by reducing stress and stiffness.

*For more information on the benefits of warm-water therapy, visit the newly designed [HotTubLiving.com](http://HotTubLiving.com). The goal of [HotTubLiving.com](http://HotTubLiving.com) is to provide the most complete information available on not only the benefits of hot tub ownership, but responsibilities including maintenance and safety. [HotTubLiving.com](http://HotTubLiving.com) is sponsored by the Hot Tub Council of the Association of Pool & Spa Professionals.*